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GOVERNOR

STATE OF MICHIGAN  
DEPARTMENT OF EDUCATION  
LANSING



THOMAS D. WATKINS, JR.  
SUPERINTENDENT OF  
PUBLIC INSTRUCTION

January 17, 2003

MEMORANDUM

TO: State Board of Education

FROM: Thomas D. Watkins, Jr., Chairman

SUBJECT: Presentation on Healthy Schools Network

The Healthy Schools Network was founded in 1992 by the National Association of State Boards of Education to facilitate discussions among State Board members and state education, state health, and other committed individuals to promote high quality, well-coordinated school health programs. From the beginning, the Healthy Schools Network has been a collaborative effort between the Michigan Department of Education, the Michigan Department of Community Health, the Family Independence Agency, the Centers for Disease Control, and the National Association of State Boards of Education. Michigan's team also includes representatives from the Michigan Association of School Boards, the Michigan Fitness Foundation, the School Community Health Alliance, and the private sector.

Information that will form the basis of this presentation on the Healthy Schools Network will include: (1) purpose and benefits of the Network; (2) school health links to the five State Board of Education Strategic Initiatives; and (3) accomplishments of the Network group and the connection between good health and academic achievement.

Attached is a House of Representatives Resolution to urge the Michigan Department of Education to identify incentives encouraging schools to promote better health habits in children for your review.

Attachment

KATHLEEN N. STRAUS - PRESIDENT • SHARON L. GIRE - VICE PRESIDENT  
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# STATE OF MICHIGAN



## HOUSE OF REPRESENTATIVES

### House Resolution No. 604.

Offered by Representative Ehardt

#### **A RESOLUTION TO URGE THE MICHIGAN DEPARTMENT OF EDUCATION TO IDENTIFY INCENTIVES ENCOURAGING SCHOOLS TO PROMOTE BETTER HEALTH HABITS IN CHILDREN**

Whereas, There are alarming trends in the health habits of American children, including young people in Michigan. Lack of exercise and poor nutrition are contributing to health problems that may jeopardize not only the well-being of a large segment of our population, but also the stability of certain elements of our economy in the long run. Some health experts have used terms like "epidemic" to describe the increasing incidents of childhood obesity and related conditions, including Type II diabetes; and

Whereas, One of the avenues available to educate children on the direct correlation between daily decision making and health is through the schools. This practical application of basic facts of physiology can be a way to impart to young people lessons that can help them all their lives. It is certainly true that teaching children what they need to do to stay healthy in life is as worthy a goal as other personal safety information our schools regularly impart through various programs and materials; and

Whereas, The Department of Education and schools can play an important role in addressing a problem that may well be one of the most serious issues facing us in the long run. In addition to the clear health benefits of promoting better health habits, getting students to exercise regularly, to eat better, and to take better care of themselves can only help academic performance as well; now, therefore, be it

Resolved by the House of Representatives, That we urge the Michigan Department of Education to identify incentives encouraging schools to promote better health habits in children, including strategies to increase physical activity, wellness and nutrition education, and more nutritional choices for students; and be it further

Resolved, That copies of this resolution be transmitted to the Michigan Department of Education.

Adopted by the House of Representatives, December 13, 2002

A handwritten signature in black ink, reading "Gary E. Randall".

CLERK OF THE HOUSE OF REPRESENTATIVES

